

## Contents

Introduction	
<b>Chapter 1. What is Diabetes?</b>	<b>9</b>
Who gets diabetes?	10
Insulin	11
Type 2 diabetes	13
Genetics of Diabetes	14
What leads to genetic diabetes?	14
Type 1 Diabetes-genetics	15
Type 2 Diabetes-genetics	16
Type 1 Diabetes: Your Child's Risk	16
Type 2 Diabetes: Your Child's Risk	17
Maturity onset diabetes of the young (MODY)	18
Types of MODY	18
Main points from Chapter 1	22
<b>Chapter 2. Symptoms and Diagnosis</b>	<b>25</b>
Common symptoms of type 1 diabetes	25
Common symptoms of type 2 diabetes	26
Acanthosis nigricans	27
Gestational diabetes	28
Problems with eyesight	29
What is diabetic retinopathy?	30
Symptoms of diabetic retinopathy	31
Preventing diabetic retinopathy	32

Treatment of retinopathy	33
Glaucoma and Diabetes	33
How does glaucoma start?	34
Is glaucoma linked with diabetes?	34
How is glaucoma diagnosed?	34
Diabetes and Hypoglycemia	35
People affected by hypos	36
Causes of hypoglycemia	37
Diagnosis of hypoglycemia	37
Treating hypoglycemia	37
Preventing hypoglycemia	38
Main points from Chapter 2	40
<b>Chapter 3 General Diabetes Care</b>	<b>43</b>
Checking glucose levels	43
Monitoring glucose	44
Bladder & kidneys	51
Your feet	57
Heart disease	64
Sexual health	67
Depression	70
Main points from Chapter 3	74
<b>Chapter 4. The Importance of Diet and Exercise</b>	<b>77</b>
Diabetes and Exercise	77

The Importance of exercise	78
Defining exercise	79
Taking precautions	80
Precautions for people on insulin or oral medication	80
Diabetes and diet	82
Fruit and vegetables	83
Starchy foods	84
Meat, fish, eggs, pulses, beans and nuts	86
Dairy foods	87
Foods high in fat and sugar	88
Salt	89
Type 1 diabetes and coeliac disease	90
Natural remedies and diabetes	91
Aloe Vera and Diabetes	92
Bilberry extract	93
Bitter Melon and Diabetes	94
Cinnamon and Diabetes	95
Fenugreek and Diabetes	97
Ginger and Diabetes	98
Okra	100
Main points from Chapter 4	102
<b>Chapter 5. Medication and Diabetes</b>	<b>103</b>
Insulin	103
Types of insulin	104

The aim of insulin therapy	105
Insulin pumps	106
Insulin passports	107
Type 2 diabetes	107
Sulphonylureas	108
Biguanides	110
Acarbose- Thiazolidinediones (Glitazones)	112
Glinides	113
Gliptins	115
SGLT2 Inhibitors (Gliflozins)	117
Incretin Mimetics (GLP-1 Agonists)	118
Main points from Chapter 5	121
<b>Chapter 6. Advances in The Treatment of Diabetes</b>	<b>122</b>
Funding research	122
Glossary of terms	
Useful addresses and websites	
Index	

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## Introduction

You may be reading this book because you have either contracted diabetes and want to know more or one of your loved ones or friends has the condition, or you are just generally interested. Either way, diabetes is more and more prevalent now than ever before and it is necessary for everyone affected, or potentially affected, to have a knowledge of the condition, how it arises, what are the implications and symptoms and how to control it.

There are certain common factors associated with diabetes: type 1 diabetes is treated with insulin and type 2 with a general range of tablet based medications. However, one very important factor here is the lifestyle of the diabetic. Of equal importance alongside diet and medication is diet and exercise.

This book is an introduction to diabetes and seeks to explain the nature of the condition, the symptoms, how to control the symptoms and also how to adjust one's lifestyle to ensure that the effects of diabetes are minimised and, in some cases, eradicated altogether.

Chapter 1 begins by explaining diabetes. chapter 2 discusses symptoms, chapter 3 diabetes care, chapter 4 diet and exercise, chapter 5 medications used in diabetes and chapter 6 advances in diabetes care.

Overall, this brief explanation of diabetes should prove invaluable to all who read it.